

DECEMBER

RECIPE

Crockpot Ham Lentil Stew: This simple five ingredient stew recipe cooks all day in your crockpot. Serves 8.

Ingredients:

- 3 cups chopped cooked ham
- 3 cups chopped carrots
- 2 cups dried lentils, sorted and rinsed
- 2 onions, chopped
- 2 (10 oz.) cans condensed chicken broth
- 4 cups water

Directions:

Combine all the ingredients in

3-4 quart crock pot or slow cooker and mix to combine.

Cover crockpot and cook on low for 7-9 hours.



“ I bought a pedometer and started wearing it because I was curious to see how many steps I was taking a day. I was shocked at how few steps I really was taking. I realized I needed to up my steps. It became kind of a game to see if I could beat my steps every day. I am now up to 12,000 a day and holding! ”

Jen, Jerome

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
06	07	08	09	10	11	12
					Hannukah Begins at Sundown	
13	14	15	16	17	18	19
						Hannukah Ends
20	21	22	23	24	25	26
	First day of Winter				Christmas	Kwanzaa Begins
27	28	29	30	31		
				New Year's Eve		

Did you know it's...
World AIDS Day – December 1,
National Handwashing Awareness
Week – December 6-12,
Safe Toys and Gifts Month



Gift the gift of health this holiday season.

Try these healthy ideas: Healthier gift baskets of fruit, nuts, gourmet cheese and crackers, specialty teas; a yoga DVD and some relaxing music; a potted plant. Or, make a donation to a good cause in a friend or family member's name.



Healthy Life Tip

Only half of middle school children wash their hands after using the bathroom at school. Proper hand washing habits can help you and your children avoid getting sick and missing school and work. Always wash your hands with liquid soap, rubbing for at least 20 seconds (sing ‘Happy Birthday’ twice). Use warm water, rinse well and dry hands with paper towels, using paper towel to turn off the faucet.



IDAHO DEPARTMENT OF
HEALTH & WELFARE